BOOKS ABOUT FRIEND LOSS

Teens

General Books About Death

- *Healing Your Grieving Heart for Teens: 100 Practical Ideas* by Alan D. Wolfelt -- With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.
- *Facing Change: Falling Apart and Coming Together Again in the Teen Years* by Donna B. O'Toole -- This informative book helps teens understand their losses and discover creative coping strategies to deal with them.
- *The Grieving Teen: A Guide for Teenagers and Their Friends* by Helen Fitzgerald -- Helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

Books for Friend Loss

- *Bridge to Terabithia* by Katherine Paterson – Two best friends spend most days in the woods behind their house, where they invent an enchanted land called Terabithia. One morning, Leslie goes to Terabithia without Jess and a tragedy occurs. It will take the love of his family and the strength that Leslie has given him for Jess to be able to deal with his grief.
- *The Fault in our Stars* by John Green -- Insightful, bold, irreverent, and raw, The Fault in Our Stars brilliantly explores the funny, thrilling, and tragic business of being alive and in love.
- *The Book Thief* by Markus Zusak -- When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still.
- *The Fall* by James Preller – An unflinching book about bullying and its fallout.
- *When a Friend Dies: A Book for Teens About Grieving & Healing* by Marilyn E. Gootman -- The death of a friend is a wrenching event for anyone at any age. Teenagers especially need help coping with this painful loss. This sensitive book answers questions



grieving teens often have, like “How should I be acting?” “Is it wrong to go to parties and have fun?” and “What if I can’t handle my grief on my own?”

- *Say Goodnight, Gracie* by Julie Reece Deaver – A teenager grapples with her grief after her best friend is killed in an accident. This moving novel has been used in grief counseling teen in counseling centers around the country, and it remains as fresh and poignant as when it was first published.
- *Living When a Young Friend Commits Suicide (Or Even Starts Talking About It)* by Earl A. Grollman -- In the last thirty years, the suicide rate among young people has tripled. This book addressed to the young survivors of this epidemic offers solace and guidance to adolescents who are confronted with someone of their own age who is contemplating or has committed suicide.

